

NutriStudents K-12

SSO 9-12 5DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																															
<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Assorted Hamburger Bun Assorted Cracker & Chips 1G</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU Carrots 1/4 CUP Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Pastrami</p> <p>*GRAIN: Sliced Bread 2 Each</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Broccoli CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Old Fashioned Chicken Wrap</p> <p>*GRAIN: Whole Wheat Tortilla Assorted Cracker & Chips 1G</p> <p>*VEGETABLES: Corn 1/2 CUP</p> <p>*OR: Corn 1/2 CUP Cabbage 1/2 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Berry Parfait w/Granola</p> <p>*SIDE: Whipped Cream Ranch Dressing</p> <p>*VEGETABLES: Red Pepper 3/4 CUP Carrots 1/4 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Cheese Stick or String 1 Each Yogurt Cup</p> <p>*GRAIN: Whole Grain Cereal Whole Grain Cereal</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Carrots 1/2 CUP Broccoli 1/2 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: left;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>766 100%</td> </tr> <tr> <td>Chol...</td> <td>57 mg</td> </tr> <tr> <td>Sodium.</td> <td>1136 mg</td> </tr> <tr> <td>Fiber..</td> <td>12.5 g</td> </tr> <tr> <td>Carb</td> <td>121.5g 63.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>18.4g 21.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.0g 7.1%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	766 100%	Chol...	57 mg	Sodium.	1136 mg	Fiber..	12.5 g	Carb	121.5g 63.5%Cal	T.Fat	18.4g 21.6%Cal	S.Fat	6.0g 7.1%Cal																																																															
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	766	750-850	100%	Carbohyd	121.54 g	63.51%	
Cholesterol	57 mg			Tot. Fat	18.40 g	21.63%	
Sodium	1136 mg	1420		Sat. Fat	6.00 g	7.06%	<10.00%
Fiber	12.46 g						

NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0) _____ Adults(0) _____ Total(0) _____

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ	2							
001467	----- GRAIN -----	T: -----								
003249	NS GRAIN BUN HAMBURGE	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
001129	VSOFF LETTUCE 1/2C = 1/4C VEGETABLE SUB OTHER	T: 1/2 CUP				1/4				
000942	VSRF CARROT 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 VEGETABLE SUB LEGUMES	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 1 EACH				1				

NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)_____ Adults(0)_____ Total(0)_____

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	MMA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001686	NS DELI PASTRAMI 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH		2						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000913	VSDF BROCCOLI 1C = 1C VEGETABLE SUB DARK GREE OTHER	T: 1 CUP				1 1/2 1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 1 EACH				1				

NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)_____ Adults(0)_____ Total(0)_____

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001692	NS DELI CHX DICE OLD FAS	T: 1/2 CUP		2						
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
000993	VSSC CORN 1/2C = 1/2C VEGETABLE SUB STARCHY	T: 1/2 CUP				1/2				
000497	----- OR -----	T: -----				1/2				
000988	VSSZ CORN 1/2C = 1/2C VEGETABLE SUB STARCHY	T: 1/2 CUP				1/2				
001123	VSOFCABBAGE 1/2C = 1/2C VEGETABLE SUB OTHER	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH					1			
001300	NS MILK 1% ASSORTED	T: 1 EACH					1			
001381	NS MILK 2%	T: 1 EACH					1			
001382	NS MILK WHOLE	T: 1 EACH					1			

NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)_____ Adults(0)_____ Total(0)_____

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001619	NS PARFAIT BERRY WGRA	T: 1 EACH	2	2						
				1/4						
001464	----- SIDE -----	T: -----								
001584	NS CONDIMENT CREAM W	T: 2 TBSP								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000954	VSRF PEPPER RED 3/4C = 3 VEGETABLE SUB RED/ORANG	T: 3/4 CUP				3/4				
						3/4				
000942	VSRF CARROT 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				1/4				
						1/4				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2					
					1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH					1			
001381	NS MILK 2%	T: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH					1			
001382	NS MILK WHOLE	T: 1 EACH					1			

NutriStudents K-12

DAILY PRODUCTION RECORD

Students(0) _____ Adults(0) _____ Total(0) _____

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
900253	NS CHZ STICK or STRING 1	T: 1 EACH		1						
001644	NS YOGURT 1M	T: 1 EACH		1						
001467	----- GRAIN -----	T: -----								
001601	NS GRAIN CEREAL 1G	T: 1 EACH T: 1 EACH		1 1						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000941	VSRF CARROT 1/2C = 1/2C VEGETABLE SUB RED/ORANG	T: 1/2 CUP				1/2				
000912	VSDF BROCCOLI 1/2C =1/2 VEGETABLE SUB DARK GREE	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 1 EACH				1				

NutriStudents K-12 Menu Contribution Report

SSO 9-12 5DAY MENU WEEK 1

WEEK:1 DAY:1

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001217	----- VEGETABLES -----	-----											
001129	VSOFF LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
000942	VSRF CARROT 1/4C = 1/4C	1/4 CUP				0.250				0.250			
001041	VSLC BEAN BLACK 1/2C = 1/2C	1/2 CUP				0.500							0.500
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
Total			2.000	3.000	1.000	1.000	1.000	3.000		0.250		0.250	0.500

WEEK:1 DAY:2

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001686	NS DELI PASTRAMI 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000913	VSDFF BROCCOLI 1C = 1C	1 CUP				1.000				0.500		0.500	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
Total			2.000	2.000	1.000	1.000	1.000	2.000	0.500			0.500	

NutriStudents K-12 Menu Contribution Report

WEEK:1 DAY:3

SSO 9-12 5DAY MENU WEEK 1

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001692	NS DELI CHX DICE OLD FASHION2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001217	----- VEGETABLES -----	-----											
000993	VSSC CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
000497	----- OR -----	-----											
000988	VSSZ CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
001123	VSOFCABBAGE 1/2C = 1/2C	1/2 CUP				0.500						0.500	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
Total			2.000	3.000	1.000	1.000	1.000	3.000			0.500	0.500	

WEEK:1 DAY:4

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001619	NS PARFAIT BERRY WGRAN 2M2.25G	1 EACH	2.000	2.250				2.250					
001464	----- SIDE -----	-----											
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000954	VSRF PEPPER RED 3/4C = 3/4C	3/4 CUP				0.750				0.750			
000942	VSRF CARROT 1/4C = 1/4C	1/4 CUP				0.250				0.250			
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
Total			2.000	2.250	1.000	1.000	1.000	2.250		1.000			

NutriStudents K-12

Menu Contribution Report

SSO 9-12 5DAY MENU WEEK 1

WEEK:1 DAY:5

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
900253	NS CHZ STICK or STRING 1M	1 EACH	1.000										
001644	NS YOGURT 1M	1 EACH	1.000										
001467	----- GRAIN -----	-----											
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000941	VSRF CARROT 1/2C = 1/2C	1/2 CUP				0.500				0.500			
000912	VSDF BROCCOLI 1/2C =1/2C	1/2 CUP				0.500			0.500				
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
		Total	2.000	2.000	1.000	1.000	1.000	2.000	0.500	0.500			

NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 5DAY MENU WEEK 1

5 Day Week								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (<= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	0	0.00%	Yes
Vegetables: Minimum (cups)	1	1	1	1	1			5	5	Yes	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0.5	0	0	0.5			1	0.5	Yes					
-Red/Orange	0.25	0	0	1	0.5			1.75	1.25	Yes					
-Legumes	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.5	0	0			0.5	0.5	Yes					
-Other	0.25	0.5	0.5	0	0			1.25	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain: Minimum (oz eq)	3	2	3	2.25	2			12.25	10	Yes					
Grain: Maximum (oz eq)	3	2	3	2.25	2			12.25	12	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	12.25	Weekly Whole Grain Rich Total	12.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	1			5	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

**Cells with this background color signify Requirements not being met!